



Guilsborough Academy Sixth Form KS5 Curriculum



A Level Physical Education

Course Title:

A Level Physical Education

Entry Requirements:

Grade 6 in GCSE PE and grade 5 in GCSE Biology (5,5 for Combined Science). Should also participate in competitive sport.

Examination Board

OCR

Assessment:

Unit 1: Physiological factors affecting performance (2 hour paper)
Unit 2: Psychological factors affecting performance (1 hour paper)
Unit 3: Socio-cultural issues in physical activity and sport (1 hour paper)
Unit 4: Performance in physical education
(Practical assessment and live analytical verbal presentation)

Is this course right for me?

A balanced and healthy active lifestyle is essential for everyday living. Participation in physical activity has an impact upon this. On this course you will learn about the factors which impact upon participation and performance. You will learn not only about the physiological and psychological but also the socio-cultural issues which impact participation and performance.

You will also have the opportunity to critically analyse performance and suggest improvements that could be made. This course follows on nicely from the GCSE/BTEC course and for anyone that is interested in the factors which impact upon participation and performance

A LEVEL PHYSICAL EDUCATION

Unit Contents:

Unit 1:

Physiological factors affecting performance – theory element (2 hour paper).

Students will study applied anatomy and physiology, exercise physiology, and biomechanics of movement.

Unit 2:

Psychological factors affecting performance – theory element (1 hour paper).

Students will study skill acquisition and sports psychology.

Unit 3:

Socio-cultural issues in physical activity and sport – theory element (1 hour paper)

Students will study sport and society and contemporary issues in physical activity and sport.

Unit 4:

Performance in physical education (Practical assessment and live analytical presentation)

Students will need to provide video evidence for their chosen practical performance as a performer or a coach and complete an evaluation and analysis of performance for improvement task (verbal assessment).



Progression:

This course is suitable for those who would like to continue to study Physical Education, Sport Science/studies, Psychology, Sociology and Biology at university, or pursue a career in a range of different areas including education, coaching, physiotherapy and sports development.

Examples of university courses and grades required:

- **Birmingham University** – Sport, PE and Coaching Science BSc (Hons) – AAB - ABB or D*D*D*
- **Brighton University** – Sport Business Management BSc (Hons) – BBC or DMM
- **Leeds University** – Sports Science and Physiology BSc (Hons) – AAA - AAB
- **University of Southampton** – Physiotherapy BSc (Hons) - ABB or DDD
- **Sheffield Hallam University** – Physiotherapy BSc (Hons) – ABB or DDM
- **University of Bedfordshire** – Sport and Physical Education BA (Hons) – 112 points with 96 from 2 A Levels.
- **University of Exeter** – Exercise and Sport Science BSc (Hons) – AAA - AAB or DDM



Further Information Contact:

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